FOX HOST SORRY FOR TRASHING CANADA, PG5

Your Money
Smart Cookies' tipping points pg 8

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VANCOUVER • TUESDAY, MARCH 24, 2009 metronews.ca

Celebrity pg 18
Adoption in Jacko's plans, reports say

YVR death 'should never have happened': Mountie

SAM SMITH
for Metro Vancouver

The Mountie who gave the order to shock Robert Dziekanski shortly before his death on Oct. 14, 2007, was not qualified to use a Taser that night.

During a public inquiry into the death of the 40-year-old Polish immigrant yesterday, RCMP Cpl. Benjamin (Monty) Robinson testified that officers are supposed to be updated on Taser use every few years, otherwise they can't use one.

His training expired in March 2006, but Robinson said he still felt qualified to tell RCMP Const. Kwesi Millington to shock Dziekanski.

"I did give two commands, I don't know if (Millington) heard it or not," Robinson said. "It was simultaneous, I gave the command and he fired."

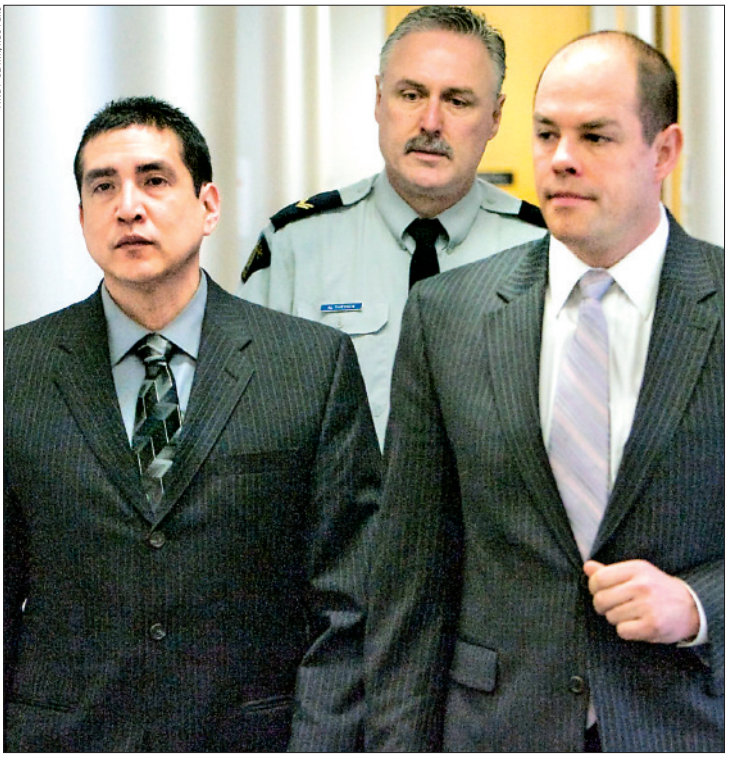
He said he ordered the weapon to be used because a baton doesn't always give instant control and can cause severe damage such as broken bones.

Once Dziekanski was down, Robinson said he gave a third order to stun because he continued to struggle.

When asked if he thought Dziekanski was struggling to breathe or reacting to the pain, Robinson said, "No."

"This was a tragic thing that happened, a day doesn't go by where I sit there and play it through my head," Robinson said. "This should never have happened."

ANDY CLARK/REUTERS



RCMP Cpl. Benjamin (Monty) Robinson, left, arrives at the Braidwood Inquiry in Vancouver yesterday with lawyer Reg Harris, right, and RCMP media spokesperson Cpl. Peter Thiessen.

ShareYourViews
vancouverletters@metronews.ca

Man shot by officer identified; surveillance being reviewed

INVESTIGATION Police have identified the man shot to death by an officer in Vancouver on Friday as 58-year-old Michael Vann Hubbard, of no fixed address. Const. Jana McGuinness said an autopsy found Hubbard died of a single gunshot wound.

According to the officers involved in the incident, the man was shot after approaching them with a box-cutter and refusing orders to drop the weapon.

McGuinness said investigators are reviewing surveillance footage from two separate sources, but didn't say what those sources are.

A Vancouver man claims he videotaped the shooting on his cellphone, but that an officer called to the scene took the phone and deleted the footage.

MORE COVERAGE, PG 2

KRISTEN THOMPSON/METRO VANCOUVER

Van Dongen cries politics over centre

HEARING B.C.'s solicitor general is disappointed over what he calls the "politicizing" of the proposed Burnaby pretrial centre.

John van Dongen said yesterday he had spoken with Burnaby Mayor Derek Corrigan about the 16-hectare site at Willingdon Avenue and Canada Way back in April and did not hear from Corrigan again until January.

Corrigan will be heading a public hearing about the site at 7:30 p.m. tonight at Burnaby Central Secondary.

"They have completely politicized the issue for election purposes," said van Dongen, noting that Corrigan's wife, Kathy, will be running for the NDP in the Burnaby-Willingdon riding.

Site

- The B.C. government says the site is ideal because it is already zoned for a large-scale public institution and is owned by the province.

Corrigan and New Democrat MLA Raj Chouhan have both expressed safety concerns over the location of the proposed Lower Mainland Pretrial Centre and anger over a lack of public consultation.

"This is not the right location," said Chouhan, noting the site's proximity to Moscrop Secondary School, Cascade Heights Elementary and BCIT.

He presented a petition with more than 4,600 signatures in legislature yesterday.

"It's so disappointing that the government has become so arrogant. They've decided they don't care about people's views." ANDREA WOO/ FOR METRO VANCOUVER

Earth Hour

Earth Hour is Saturday, 8:30 p.m. local time. People are asked to to fight global warming by switching off their lights for an hour.

Health & Beauty

- **Certified organic: How to be sure a beauty product is living up to its claims, pg 16**

Tomorrow

- **Canada has a significant role in developing electric cars.**

Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Canada

- **We have the second part of our look at businesses bucking the trend, pg 4**

This Week

- **We give you some local meals for a steal**

Cont. Ed pgs 10-15

Exploring your options

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Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Vancouverite up for photography award
Vancouver photographer Jin-me Yoon and Montreal's Lynne Cohen are competing against two Mexican photographers for the $50,000 Grange Prize. The works of all photographers will be shown online at grangeprize.com. The winner will be announced May 26 in Toronto. **CBC NEWS ONLINE**

Local

Lush owner protesting seal hunt

Lush cosmetics owner Karen Wolverton will cover herself in red paint today and will lie down on a bloody Canadian flag to protest the seal hunt. The protest, run in conjunction with the Sea Shepherd Conservation Society, will be held outside Lush on Robson Street at noon.

METRO VANCOUVER

Cops accused of erasing shooting video

KRISTEN THOMPSON
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A Vancouver man who claims police erased his cellphone footage of an officer shooting a man on a downtown street will likely find out today if the alleged video can be recovered.

Adam Smolcic, 25, took his phone to data recovery experts Sherlock Forensics yesterday, and said he's confident they can retrieve his footage.

"I saw pretty much everything," Smolcic said of the shooting of 58-year-old Michael Vann Hubbard, who police said was a suspect in the break-in of a van nearby.

"(The officers) asked the gentleman to search his (bag), at which time he slowly backed away shaking, as if he had Parkinson's (disease). He reached into his bag and slowly pulled out an X-Acto knife."

Smolcic said he recorded as the officers ordered Hubbard to drop the weapon and then shot him.

Shortly later, Smolcic said another officer asked to see his cellphone. When Smolcic got it back, he said the video was gone.

KRISTEN THOMPSON/METRO VANCOUVER

Adam Smolcic at the office of Jason Gratl, a lawyer and vicepresident of the B.C. Civil Liberties Association, in Vancouver yesterday.

David Eby, a Vancouver lawyer and acting executive director of the B.C. Civil Liberties Association, said while he "isn't jumping to any conclusions," he's met with Smolcic to talk to him about his legal rights.

"Even if this allegation proves not to be verifiable, the public loses confidence in the police force," Eby said. "That's why it would benefit the VPD to be able to turn this over immediately to a civilian team."

As for Smolcic, he said he's apprehensive about testifying against the police.

"If there was a civilian panel I'd definitely provide testimony to that, but I don't know about the police," he said. "It's risky business."

Whitecaps season tickets go fast

MLS The first wave of 5,000 deposits for season tickets to Vancouver's Major League Soccer expansion franchise sold out in less than 48 hours, the Whitecaps said yesterday.

METRO VANCOUVER

News in brief

POLITICS Lee Rankin, an eight-term Burnaby councillor, will be acclaimed B.C. Liberal candidate for Burnaby-Edmonds at a riding association meeting today. The seat is held by New Democrat MLA Raj Chouhan.

ASSESSMENT The Ministry of Transportation received an amendment to its environmental assessment certificate for the proposed new Port Mann Bridge.

METRO VANCOUVER

Emery says Olympics being used as an excuse to oust him

ANDREA WOO
for Metro Vancouver

POT The "Prince of Pot" believes that Vancouver is using the upcoming Olympics as a last-ditch effort to boot him out of town.

Marc Emery, outspoken pot activist and leader of the B.C. Marijuana Party, has never needed a business licence for his various Hastings Street stores because they operated under the umbrella of his political party.

With the Games approaching, however, he feels Vancouver police are nagging city hall to turn up the heat and close the businesses: the 420 Convenience Store, the Cannabis Culture store and Cannabis Culture magazine's administrative office.

"This is the last great chance for the Conservative government to get rid of us," he said yesterday, adding that he has complied with every government, health and safety order to date.

GM Place gets a Juno makeover

KRISTEN THOMPSON
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AWARDS If the Vancouver Canucks — who are away on a six-day road trip — were to see GM Place today, they probably wouldn't recognize it.

A giant stage sits where the ice should be, there's a maze of lighting hanging from the rafters, and by Sunday — when the Juno Awards take place — giant Alice In Wonderland-like foliage will fill the space.

Workers are four days in to an eight-day-long process to transform the hockey arena into the set of Canada's biggest annual music awards show.

Peter Faragher, production designer for the event, said erecting the set is like putting together a jigsaw puzzle.

"The big shows that you see in an arena like this — those bands that have sets that are built to break down and set up really quickly," Faragher said.

"This is 10 bands, it has to be very versatile … and we have to light it (well) because it's being watched on TV."

Faragher said producers came up with the design for the show in July.

"Every venue has a different vibe. We made lists about what Vancouver is … looked at history and geography, and then we tried to distill it down into one idea.

"What we came up with this year was this sort of gleaming, architectural, simple zen-like set," he said, adding that the stage will be framed with 13-foot leaves in psychedelic colours.

metronews.ca
What's online today.

Video The Suncor-Petro-Canada merger creates a new global energy giant at **metronews.ca/canada**

Video Canadians react to a Fox News host's mocking remarks about Canada's military at **metronews.ca/canada**

SEASON FINALE
RICK MERCER REPORT
This week, Rick tackles the slopes with Canada's champion Para-Alpine team.
Tonight at 8
followed by THIS HOUR HAS 22 MINUTES at 8:30
CBC
cbc.ca/mercerreport

Yukon trapper granted dialysis machine
A 70-year-old Yukon trapper, who spent four months in a Vancouver hospital on kidney dialysis because of a rare condition, was able to return home thanks to a portable dialysis program from B.C. Renal Agency. He spends six nights a week hooked up to the machine that cleans his blood while he sleeps. METRO VANCOUVER

Man's family raises reward

A year after disappearance, incentive doubled to $100K

KRISTEN THOMPSON
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The family of a missing Burnaby man has doubled its reward to $100,000 for information leading to his whereabouts.

It was a year ago today that Kellen McElwee's car was found near his Burnaby apartment, six days after he was last seen leaving a Keg restaurant in Langley.

Now, with the tips and leads having dried up, McElwee's parents announced they've bumped the reward, hoping that's enough incentive for someone who knows what happened to their son to call police.

"Investigators have received a number of tips in this investigation (but they) have not been significant enough to assist in moving the investigation forward," said RCMP Cpl. Dale Carr.

In July, investigators said they had information the 25-year-old was dead but never disclosed any other details.

"The claimant's information must lead the police directly to the location of Kellen's remains," said Carr.

"There is no doubt that someone out there has the information police need to move this file forward. The amount of money that the McElwees are offering is significant and could change a person's life."

"There is no doubt that someone out there has the information police need to move this file forward."
RCMP Cpl. Dale Carr

Kellen McElwee

British MP's ban from Canada sparks protest

ANDREA WOO
for Metro Vancouver

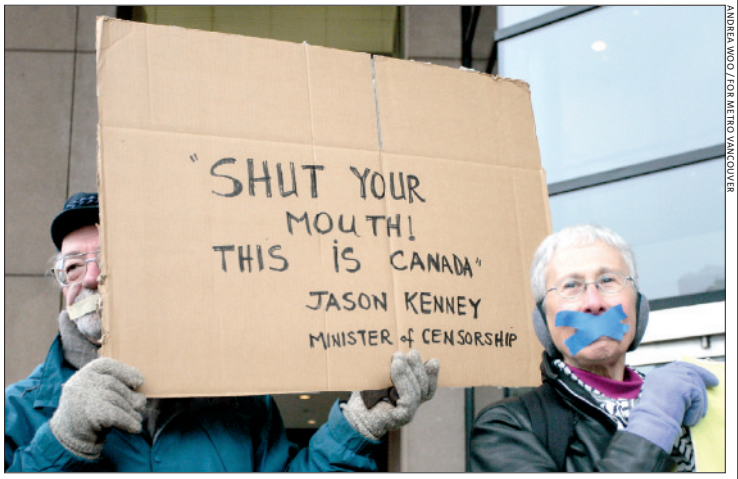
Activists gathered outside the downtown Vancouver office of Immigration Canada yesterday to protest the Conservative government's decision to refuse entry to an outspoken, anti-war British politician.

British MP George Galloway was told Friday that he would not be allowed into Canada for a four-city speaking tour because of his support for Hamas, which is considered in Canada to be a terrorist organization.

Derek O'Keefe, co-chair of the Vancouver StopWar Coalition, was among those bearing signs and wearing duct tape over their mouths.

"It makes it look like we have a very backward, neo-conservative government and that we're afraid of open debate and dialogue."

Galloway chastised Canadian Immigration Minister Jason Kenney's decision in an article for the Guardian Saturday, saying: "That's the way the right-wing, last-ditch dead-enders of Bushism in Ottawa conduct their business."



ANDREA WOO / FOR METRO VANCOUVER

Two unnamed protestors demonstrate outside of Immigration Canada yesterday. The duct tape, they said, represents the attack on free speech by Immigration Minister Jason Kenney, who denied Hamas-supporting British MP George Galloway entrance into Canada.

B.C. and Baja California to co-operate on crime

JEFF HODSON
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The province and the western Mexican state of Baja California will move toward sharing information on criminal activities such as human and weapon trafficking and Internet crimes against children, B.C.'s attorney general said yesterday.

The two jurisdictions signed a statement of intent that would see them work together to prevent criminal activities and collaborate on cases of offenders fleeing B.C. or Mexico.

"They've had just an incredible wave of violence in Mexico," said Wally Oppal. "Nine-thousand have been killed last year as a result of the drug war, including the murder of judges and prosecutors, lawyers, witnesses and police. It's been horrible."

Mexico has signed similar statements with Texas, California, Arizona, Washington and Colorado.

"There's a clear linkage between the crime that takes place here and the crime that take place down there. For instance we know that the cocaine that comes here, comes from Mexico," Oppal said.

Rommel Moreno Manjarrez, the attorney general for Baja California, said in a press release that the statement of intent is an important step in confronting organized crime that operates beyond traditional boundaries.

The two jurisdictions will also discuss opportunities for sharing information about best practices, training and administrative procedures.

Flathead most endangered river in B.C.

RANKINGS The Flathead River in the East Kootenays is the most endangered river in the province, according to an annual ranking of threatened rivers in B.C.

The Outdoor Recreational Council of B.C., the organization that released the rankings yesterday, said the river's north fork is threatened by a proposed open-pit coal mine.

Other threats to the Flathead include coal-bed methane development, roads and pipelines.

In the Lower Mainland, the Fraser River ranked forth and the Coquitlam River ranked seventh.

METRO VANCOUVER

News in brief

HOUSING Capt. Trevor Greene, the Vancouver reservist struck in the head by an axe in Afghanistan in 2007, is the featured speaker today at the opening of Honour House, which will provide free, temporary accommodation for families of injured soldiers receiving treatment in Vancouver.

DINING The Stanley Park Teahouse is back. The restaurant, which celebrates its 30th anniversary in May, is dropping Sequoia Grill and reverting back to its original name. The restaurant is holding a Tales of the Teahouse contest, inviting Vancouverites to share their Teahouse memories.

CULTURE Maori representatives will join First Nations delegates outside the Vancouver Art Gallery Friday. The event will feature traditional drumming, singing and dancing.

METRO NEWS SERVICES

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Canada

Find your niche, experts advise

Riding the **Recession**

The recession hit just as 51-year-old Calgarian Dale McKenzie retired from a 30-year career in policing.

He didn't panic about his investments — he has niche skills that are helping him survive during the recession. He works as a clown named Bumper and he is starting an investigative business that delves mostly into mortgage fraud.

"There's no lack for that kind of stuff," he said. "As long as there is mistrust and as long as there are lawbreakers, there will be room for private investigation."

McKenzie has also been a clown for eight years, and while he said business isn't booming, it isn't failing either. He thinks there will always be a demand for people who can put a smile on your face.

Karen Fraser of Angus One Professional Recruitment in Vancouver said it's crucial for people to have a specialized skill set or can break into a niche market like McKenzie.

"Across the board, there's still a wide range of companies hiring," she said. "People are hiring in online marketing and Internet shopping, which has seen growth … specialized positions are still consistent."

The Alberta government's predictions fall in line with Fraser's experience in B.C. — projections for the next decade say there will be more than enough jobs for architects, dietitians, nutritionists, physical therapists, archivists, and school counsellors.

But even if you don't have a specialized set of skills, Canadian staffing companies are hopeful the summer seasonal work reverse jobs lost to the economic downtown.

"From what we see, landscaping work and construction should be picking up here shortly," said Clint Belcourt with Tips Staffing in Calgary. "Seasonal employment will kick off, which will help some people out and stimulate a little excitement." JENNIFER HILLIKER/ FOR METRO CANADA

UN envoy driver released in Mali

KIDNAPPING A local driver from Niger who was kidnapped along with two Canadian officials in the West African state in December has been released in neighbouring Mali, UN officials said yesterday.

Soumana Mounkaila was driving a UN vehicle in which UN special envoy to Niger Robert Fowler and his aide Louis Guay, both former Canadian diplomats, were travelling when all three were seized. REUTERS

T.O. scores poorly in world report

GREENHOUSE GASES When it comes to climate change pollutants, Toronto residents are among the greenest in Canada, says a new study.

The report, published in the April issue of the journal Environment and Urbanization, says metropolises are in fact spewing less greenhouse gases per capita than the rest of their countries. But the study, based on data from 12 international cities, ranked Toronto as the third-worst for per capita. TORSTAR NEWS SERVICE

FRED THORNHILL/REUTERS

Marcie Lane, the wife of late Master Cpl. Scott Vernelli, cries upon the arrival of her husband's casket at Canadian Forces Base Trenton, while holding their daughter Olivia, yesterday. Vernelli died in Afghanistan on Friday, along with Cpl. Tyler Crooks, Trooper Jack Bouthillier and Trooper Corey Hayes.

Soldiers' bodies return

WAR Mourners at an Ontario military base bowed their heads and wiped away tears yesterday during a moving repatriation ceremony for four Canadian soldiers killed in Afghanistan last week, CBC News Online reported.

The huge C-17 Globemaster military plane carrying the remains touched down around 2:30 p.m. EDT at Canadian Forces Base Trenton, east of Toronto.

Master Cpl. Scott Vernelli, Cpl. Tyler Crooks, Trooper Jack Bouthillier and Trooper Corey Joseph Hayes, who were all based at CFB Petawawa in Ontario, were killed in two separate incidents Friday in southern Afghanistan.

Under a cloudless blue sky, a lone bagpiper played as military escorts carried the flag-draped coffins — in order of senior to junior rank. METRO NEWS SERVICES

Japanese astronaut road-testing stink-free underwear
Japanese astronaut Koichi Wakata is testing a Japanese line of odour-free underwear and casual clothing, called J-ware, on the International Space Station. REUTERS

World

Flight had more people than seats, official says

Plane built for 10, but 14 on board during crash

The plane that crashed in Montana and killed all seven children and seven adults aboard had more passengers than seats, an official said yesterday.

National Transportation Safety Board acting chair Mark Rosenker said his team is investigating whether the 10-seat plane was carrying too much weight and why it nose-dived short of the runway in Butte, Mont. The single-engine plane had no black-box data recorder and the investigation could take months.

All the children were under the age of 10. Only one, a one-year-old, by regulation could have been seated on an adult's lap. That left 13 people and 10 seats.

Rosenker stopped short of saying the plane was overcrowded. Officials changed the number of passengers and seats aboard the plane as the investigation progressed.

Rosenker said three families were in the Pilatus PC-12 turboprop plane heading from California to a ski vacation near Bozeman, Mont.

The pilot, a 65-year-old with years of flying experience, requested twice to divert to Butte from Bozeman without giving a reason, and both times the flight controller approved the change.

REUTERS

Israel **Dispersing protest**

AMMAR AWAD / REUTERS

Israeli border police officers detain a Palestinian woman in east Jerusalem yesterday during an event marking Jerusalem's tenure as the Arab League's "capital of Arab culture" for 2009. According to an Israeli police spokesperson, several activists were detained as the police dispersed an illegal gathering.

Accused Mumbai shooter begins trial in Indian court

ATTACKS The man accused of being the lone surviving gunman in last year's Mumbai attacks told an Indian court yesterday that he was from Pakistan and wanted legal assistance.

The trial of Mohammed Ajmal Kasab began yesterday via a video link with his prison in Mumbai.

Gunmen killed 166 people in a three-day rampage in the city last November.

Police say Kasab was one of 10 gunmen who arrived in Mumbai by sea and rampaged through local landmarks. Pictures of Kasab, wearing sneakers and carrying an automatic rifle and backpack, were published around the world.

Kasab has since been held in jail, with Indian lawyers refusing to defend him. The trial was moved to March 30 to allow more time to assign a Pakistani lawyer to his case.

Authorities have cited security fears as being behind the decision to not produce Kasab in person for the hearings until a special bomb-proof concrete cage inside a Mumbai jail is ready. REUTERS

Host apologizes after mocking Canadian military

FOX NEWS The host of a satirical, over-the-top Fox News show has apologized for any disrespect he may have caused to the Canadian military on a recent segment on his program.

In a five-minute segment broadcast March 17, Red Eye host Greg Gutfeld mocked the Canadian Forces, noting Lt.-Gen. Andrew Leslie's recent comment that the military may need a year to recover after Canada's mission in Afghanistan ends in 2011.

"Meaning, the Canadian military wants to take a breather to do some yoga, paint landscapes, run on the beach in gorgeous white Capri pants," Gutfeld had said.

Canadian soldiers, who have been fighting in Afghanistan since 2001, have spent the last four years in the country's most violent regions. On Friday, military officials announced that four more Canadian soldiers were killed and eight others were wounded in two separate roadside bomb blasts outside Kandahar in southern Afghanistan.

CBC NEWS ONLINE

News in brief

ALASKA The Mount Redoubt volcano erupted with a burst of ash that rose more than nine miles with more eruptions expected to follow. The first occurred at 10:38 p.m. Sunday, followed by four smaller blasts.

REUTERS

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Comment & Views

Comment

So much for free speech

Whew! Let's breathe a sigh of relief now that British MP George Galloway has been barred from entering our country. Our children are safe. No telling what damage could have been rendered by this heinous threat to our national security.

If reports are correct, Canada is the only country in the world that bars the sitting MP, who has been elected five times to the British parliament and has no criminal record. The Americans let him in. Even Israel, despite his pro-Hamas views, let him in.

So what is the Harper government trying to do here? Ramp up its right-wing credentials to the point where Canada is seen as a denier of freedom of speech?

Some of Galloway's views are wacko. We can disagree readily with his take on Israel, with his support for Hamas, but does that mean you gag him? Others, Canadians and Americans, have supplied aid to Hamas and controlled Gaza. Will that get them the same kind of treatment? As someone said of Galloway, the best way to expose the folly of his arguments is to allow him to come here and spout them.

The Galloway ban follows one taken against an American citizen. William Ayers, the old friend of Barack Obama who was a figure of controversy in the U.S. presidential election, was an advocate of radical violence four decades ago. He has since become a distinguished professor of education who serves on dissertation committees at the University of Ottawa and Toronto. He has been allowed into Canada many times. He arrived to give a speech at the U of T in January, only to be told by immigration officials that he had a 40-year-old felony conviction, which he denies. When Ayers asked them if they really thought he was a security threat, he said they laughed, before saying it wasn't their decision.

George Galloway
GETTY IMAGES

The bans are in keeping with other hardline measures by the Harperites recently. The government, which takes a leisurely attitude toward Guantanamo, is going ahead with the deportation of conscientious objectors to the war in Iraq — even though the prime minister disavowed his support for that war in last fall's election campaign.

The government last week announced it was not renewing $2.5 million in contracts for the Canadian Arab Federation to teach English to new immigrants.

On Iran, it has escalated the rhetoric against the government there — this while Obama moves to moral high ground with a diplomatic overture to Tehran to narrow the differences.

All quite strange. Rather than calm tensions, Ottawa's intent seems to be to inflame them.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

The happy Muslims who confuse you

There's something wrong with the pictures coming out of Pakistan these days.

Ever since Pakistani President Asif Ali Zardari reinstated the country's chief justice, I've been trying to figure out what it was.

And then it hit me.

Happiness. Joy. Celebration.

How often do we see pictures of happy Muslim men? What a relief, too, that they were Pakistani.

I've developed a theory about the Muslims we see in the media, who are usually from Pakistan.

Angry Bearded Muslim Man is the favourite. Whenever the Muslim world is supposed to be upset or offended, invariably that story is illustrated by images of Angry Bearded Muslim Man: Marching (usually in Pakistan), shouting (fists raised in righteous anger), and burning something (an American flag, an Israeli flag, preferably both!)

His female counterpart is Covered In Black Muslim Woman. She's seen, never heard. Visible only in her invisibility under that black chador, burqa, face veil, etc.

In those images you have conveyed all you want to say about Muslims: The men are angry, dangerous and want to hurt us; the women are covered in black.

While there are some Muslim men and women who fit both such descriptions they are by no means the majority, and they are utterly insufficient in describing the diversity of views, appearances and attitudes among Muslims. But they make for sexy TV and enticing photos. And they are my biggest competitors and nemeses when I give lectures or appear on television.

My first U.S. TV appearance was on Fox News' The O'Reilly Factor. Talk about trial by fire! After the usual back-and-forth yelling, some viewers sent me emails, asking, "Are you sure you're a Muslim? Where's the headgear?"

Others wanted to know why I spoke English so well. Clearly, I did not deliver on the Covered In Black Muslim Woman that central casting usually offers to viewers. I was confusing them.

Which brings me back to the happy Pakistanis — men and women — in our newspapers these days.

While I'm the last person to deny the danger of radicals in the Muslim world, I also enthusiastically wave the flag for those of us who call ourselves liberal, secular Muslims.

In other words, I live to confuse you by subverting the stereotype of Muslims that you always see and hear from. Go on — take a look at my picture.

Here's to more pictures of Happy Muslim Men and Women Who Confuse You.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

MICHAEL DE ADDER

Letters

Taste the slow-food movement for yourself

Re: Mark Trealout (Slow-food movement just tastes better, March 5)

It's true, slow food does taste better. Mark Trealout was correct when he said "the average urbanite has no idea how to raise a pig, harvest wheat, or store the summer's bounty for winter use."

While a lot of people understand the movement conceptually, we in the restaurant industry and local leaders need to give people good guidance on how to become fully involved.

The first step is definitely the Internet. Through a few basic searches, readers will find suppliers, retailers and restaurants that have embraced the cause throughout Canada.

However, a true understanding for the purpose of the slow-food movement can only be developed by tasting the end product. Anyone with the slightest interest can easily make a reservation at a restaurant that participates in producing high-quality slow food from local communities to see and learn what we're all about.

There's no tastier and more fulfilling place to start.

MICHAEL SANGREGORIO, TORONTO

Negative cartoon undermines good the Pope is trying to do

Re: Vision for Africa cartoon (March 18)

I found the cartoon of Pope Benedict XVI in the March 18 paper disrespectful and offensive.

Canadian society prides itself on being tolerant and accepting, but there are still those who are too willing to believe the worst of the Pope. And their deliberate misunderstanding and negative comments seriously undermine the real good the Pope is trying to do.

MARIA OLAGUERA, SURREY

Metro Online Poll Results

59% SAID YES	Do you support Prime Minister Harper's call for a vote to scrap the gun registry? *Weigh in on today's question at metronews.ca*	41% SAID NO

It's your turn to tell others what you think. Email your thoughts and opinions to: vancouverletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Bonus regulation law in store for France
France will introduce a law to limit executive bonuses in the form of stock options or shares because businesses have failed to accept a voluntary accord, a government spokesman said, adding that bosses should not be able to raise their bonuses unless employees also received increases. REUTERS

Business

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OIL $53.80 US $1.13

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Suncor buys Petro-Canada

Largest Canadian oil and gas takeover yet at $18.43B

Suncor Energy Inc. said yesterday it will buy rival Petro-Canada to create Canada's biggest oil company, dominant in the Alberta oilsands and able to slash costs as it looks to weather a period of low oil prices.

Suncor is offering $18.43 billion for Petro-Canada in an all-share deal. That makes it the largest Canadian oil and gas takeover yet, and the biggest takeover of a Canadian company since Rio Tinto bought Alcan in 2007 for $43 billion US.

The deal targets $1.3 billion in annual savings for the combined company as oil prices plummet, which have made it hard to turn a profit from oilsands operations in northern Alberta.

MIKE STURK/REUTERS

Suncor chief executive Rick George, left, and Petro-Canada chief executive Ron Brenneman at a conference in Calgary yesterday.

The merger of the two will create a company with 100 years worth of reserves, four refineries in Canada and the United States, a chain of retail gas stations and more than 680,000 barrels per day of oil and gas production.

Petro-Canada shareholders will receive 1.28 common shares of the merged company for each Petro-Canada share, while Suncor shareholders will get one common share of the merged company for each Suncor share. REUTERS

Market reaction

- Petro-Canada's shares jumped $6.05, or 20 per cent, to $35.70 in Toronto, while Suncor slid 16 cents to $30.74.
- The S&P/TSX composite index rose 452.16 points, or 5.32 per cent, to 8,598.51.

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Consumer confidence rises

MARCH Consumer confidence picked up in March as more Canadians said now was a good time to make a major purchase, while the majority saw their financial situations unchanged over the coming six months, the Conference Board of Canada said yesterday.

The board's Index of Consumer Confidence rose to 71.5 in March, up 2.7 points from February and above the 67.7 hit in December, the lowest mark since the 1981-82 recession.

The survey was done ahead of the most recent employment report, which showed Canada had lost 82,600 jobs in February. REUTERS

Business in brief

MEDIA Time Warner Inc. will invest $241.5 million US in Central European Media Enterprises, the companies said yesterday. The investment will give Time Warner a 31 per cent stake in CME, a broadcaster in seven European countries, including Bulgaria and Croatia.

MARKETS Bank shares including Citigroup Inc. and Bank of America Corp. soared on hopes a U.S. government plan to rid lenders of up to $1 trillion US of troubled assets will resuscitate lending, earnings and the economy. REUTERS

It only takes a few minutes to shape the next few years.

The B.C. General Election and Referendum on Electoral Reform is Tuesday, May 12th.

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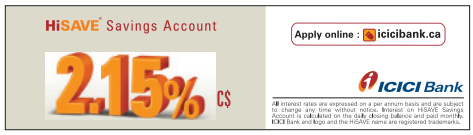
Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



Getting a grip on when to tip

SmartCookies

metronews.ca/smartcookies

If you're in a large group, be sure to check if gratuity is already included as it often is for big parties.

I once had a server who didn't actually serve me much of anything. I ended up getting my own syrup for my cold pancakes and a glass of juice from the bar. I still left him 15-per-cent gratuity.

It's the former service worker in me that feels like I have to do this to supplement his income. But tipping should be more about the service and in some cases, the relationship you have with the person providing it. Yet there is always confusion. Who, when and how much are all questions that elicit different answers.

Take your barista, for example: Does she automatically get your spare change in her cup? What about the guy who hands you your bag of take-out? Etiquette experts say it's not necessary but recommend that if it is someone you see often, it's a good idea to show appreciation. If, like most people, you have trouble quickly calculating the appropriate amount to tip, visit smartcookies.com for a quick and easy guide.

The norm for restaurant service is 15-20 per cent. If you're in a large group, be sure to check if gratuity is already included, as it often is for large parties. And even if you used a gift card or a two-for-one coupon, you should still tip on the amount you would have paid without the voucher.

If you happen to be unhappy with the service, never leave zero for a tip without speaking to a manager about the situation.

For most other restaurant staff, such as a bar server or checkroom, $1 to $2 is an acceptable tip.

If there are services you are unsure about how much to tip, call ahead and ask what the norm is. In situations where there can be multiple people looking after you, such as a beauty salon or spa, the easiest thing to do is tip about 15-20 per cent on the entire bill and ask that the tip be split between those who attended to you.

When travelling, it's best to keep a bunch of small bills on hand, so that you're prepared and don't feel awkward asking for change or giving more than you wanted to. Be sure to check into the cultural norms wherever you are visiting. As a point of interest, tipping is considered rude and is rarely done in Japan, except in certain cases.

If you happen to be unhappy with the service, never leave zero for a tip without speaking to a manager about the situation. Sometimes it may not have been the person's fault.

Not leaving anything just makes you look cheap and won't solve the problem. You may also receive some kind of compensation for letting them know about the problem so they can fix it.

Email questions to smartcookies@metronews.ca

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

WILL RETURN ...

Research all potential implications of becoming landlord

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q Currently, my wife and I own a condo that we bought five years ago. We would like to move into a house and rent the condo. Is this a good idea and are there any tax consequences?

— Eric

A Investing in real estate has made many individuals wealthy. The Canadian real estate markets have experienced phenomenal growth the past years but are currently declining in both price and sales. First-time buyers should not try to predict the market but buy when they can comfortably afford to do so.

Investors should do some research into being a landlord and the tax consequences.

As the condo would be your principal residence at the time you purchase your house, there will no taxes to give to CRA. However, the condo's fair market value would be considered the cost of the condo for calculating capital gains tax on disposition.

Consider some of these issues before investing:

- Talk to your banker about qualifying for financing.
- Are you prepared to be a landlord?
- Can you carry condo expenses for several months if property is vacant or has a bad tenant?
- When and how do you report rental income?
- What must be done when you purchase or sell?
- What are the tax consequences of real estate?
- Is there a difference between commercial or residential property?
- How should you take ownership and how long do you intend to hold investment?

Consult a good real estate lawyer and tax adviser.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-489-7800, ext. 227.

Schilling retires via blog

Curt Schilling officially retired from baseball yesterday, announcing on his blog that he's leaving the game after 23 years with "zero regrets." Schilling missed all of last season with a shoulder injury. The gritty pitcher retires with 3,116 strikeouts and three World Series titles with the Diamondbacks and Red Sox. METRO NEWS SERVICES

Sports

Armstrong breaks collarbone

Lance Armstrong said he will have surgery after breaking his collarbone yesterday during a race in Spain, leaving in question his participation in the Tour de France in July. "I'm alive!" the seven-time Tour de France champ wrote on his Twitter feed. "Broken clavicle (right). Hurts like hell for now." METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Tonight

VS STARS

5:30 p.m.
Sportsnet/TEAM 1040

The Canucks will be looking to put a poor performance behind them while the Stars find themselves in desperation mode. Despite winning 16 of its last 21, Vancouver has lost four straight on the road. Dallas' current three-game funk began last Tuesday in Vancouver with a 4-2 loss. METRO NEWS SERVICES

Sports in brief

NHL Citing economic pressures, Montreal Canadiens owner George Gillett has taken the first steps needed to sell the team. The Gillett family has retained the services of BMO Capital Markets to "assess various strategic alternatives to optimize the value of its corporate assets," team president Pierre Boivin said in a statement yesterday. TORSTAR NEWS SERVICE

Level the playing field

Julie Stewart-Binks
Guest columnist

Last December I read a newspaper article that took a shot at good-looking women in sports broadcasting. It maintained physical appearance took precedence over talent.

How depressing! I'd been an athlete all through school, ran track, figure skated, and even spent time in the penalty box after trading punches with a fellow hockey player. I'd covered sports for my university's TV, radio and print media outlets, but darn, I was a woman — and blond at that. There went my credibility.

Take 60 Minutes commentator Andy Rooney, who last October, made this unsportsmanlike comment: "What really bugs me about television's coverage is those damn women they have down on the sidelines who don't know what the hell they're talking about."

Many sportscasters hold the same belief. The overly sexualized and hyper-masculine hotbed of sports culture has enforced the idea women don't understand sports.

Speaking of the field, are there any women on it? To watch television, listen to radio broadcasts or read the sports pages, you'd never know thousands of little girls in this country play hockey, soccer and baseball, and that adult females are involved in pro sports.

But scantily clad tennis, figure skating and volleyball athletes get the coverage. When I tell men my age my career goals they say I'll never fully understand sports because I'll never have the chance to play in the NHL or the NFL. They say men don't want to hear a women talk about a sport she can't play. So how did Rod Black cover figure skating all those years?

What female sportscasters and female athletes have in common is that, to steal a line from Rodney Dangerfield, we get no respect.

I want sports networks to start showing women respect in the hockey arenas, football fields and baseball diamonds, cover our games and tournaments and to hire more women to cover sports.

It's time to level the playing field, boys.

Julie Stewart-Binks is currently a student at Queen's University with hopes of pursuing a career in sports broadcasting.

WBC Japan wins title

LUCY NICHOLSON/REUTERS

Team Japan's Akinori Iwamura hits an RBI sacrifice fly during the eighth inning of the World Baseball Classic championship game against South Korea in Los Angeles yesterday. Japan won the game 5-3 in extra innings to take the title.

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SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

The trend toward environmental awareness and the growing desire for eco-friendly products is impacting how companies are doing business, experts say.

Schools focus on sustainability

Courses designed to meet a growing interest across Canada in green careers

NOELLE MUNARETTO
for Metro Canada

In the midst of tough economic times, more companies strive for efficiency and productivity. Individuals employed in Canada's developing sustainability sector are becoming key players in helping businesses balance those goals with the eco-friendly demands of their clients.

"There is a heightened consumer or pubic awareness of environmental issues," says Michael Kerford, vice-president of ECO Canada. "Often, people know what the environment is as an issue, but don't translate that into employment opportunity."

The Calgary-based company, founded in 1992, provides resources for job-hunters, employers, teachers and students who are interested in environmentalism and sustainability. Currently, Kerford says ECO Canada operates one of the largest environmental job boards in the country. He also says that their membership has reached more than 100,000 people. This all points to an increasing interest in green careers.

"With the environment being a key issue ... it is impacting how companies are doing business," says Kerford. "Inevitably, that greening of the company is creating environmental work."

Although Kerford says the hiring of people in this industry may slow down because of the recession, he says the diversity of positions available will only continue to grow.

Diana McKenzie, program leader for the Centre for Sustainability at the University of British Columbia, says that today sustainability is no longer seen as a trend. It is instead viewed as a viable career path for those who want to make a difference.

> **"(The) greening of the company is creating environmental work."**
> Michael Kerford, VP of ECO Canada

"It's becoming part of all institutions, both private and public," she says.

Launched in January, UBC's continuing education sustainability management program filled up quickly. In the fall of this year, they will also begin a con-ed certificate program on decision-making for climate change.

McKenzie says both these courses will help students understand the concepts of sustainability and environmentalism, and how they can be applied in the working world.

"It's one thing to read a book on sustainability, but how do you actually take those concepts and integrate them into your business plan?" she says.

This fall, Gavin Trevelyan will be among the first group of students enrolled in Ryerson University's new sustainability certificate program at the G. Raymond Chang School of Continuing Education. He says he's excited to learn more about sustainability issues.

"It's about the opportunity to make a living doing something that you can have a good night's sleep about," says Trevelyan. "It's an attractive idea as opposed to just doing something conventional."

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Employees turning to education

Onus now on individual to build job skills: Experts

RAFAEL BRUSILOW
for Metro Canada

Continuing education programs can be offered in-class or online, through distance learning.

In uncertain economic times, continuing education programs can be a pillar of career-building strength, but only if people take the initiative themselves, experts say.

Andrew Cochrane, president of the Canadian Association for University Continuing Education (CAUCE) and dean of the College of Continuing Education at Dalhousie University, says as employers tighten their belts, they are less likely to front money for employees to get advanced training. The onus gets placed on individuals to search out continuing education programs that enhance their skills and fund that training on their own.

"The employer is not paying as much now for training employees as the individual is," Cochrane said.

Marilynn Booth, director of the School of Continuing Studies at the University of Toronto and former president of CAUCE, says that as a result of less corporate-funded education, schools need to work harder than ever to offer meaningful, effective programs to attract enterprising students.

"The need for continuing education increases as people feel more threatened in their work lives. The onus is on continuing education providers to be on the leading edge and build programs that serve the needs of the future," Booth said.

Cochrane says enrolments in continuing education programs are up across Canada. That's because learning institutions of all types generally do well in weakened economies as people try to retrain into new careers.

What is worrying, he says, is that many of the people being laid off in the economic downturn are those who had just started their careers and were expected to succeed aging Baby Boomers as they retired, leaving an impending leadership void once those Boomers retire.

Cochrane says many companies are just not training enough young leaders to take over the roost.

"We were in bad shape before with succession planning and we're going to be worse off in the future," Cochrane said.

While the Internet has had a profound impact on how education takes place, Cochrane says it hasn't replaced in-class learning — rather, it has strengthened it. He sees a trend in older students taking continuing education courses online as well as fewer recreational students doing it just for fun.

"When distance education came about, there were people saying, 'That's the end of the face-to-face classes.' Well that's clearly not the case. Online learning facilitates flexibility but the composition of who's online is changing as well," Cochrane said.

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Calling all food lovers

14-day cooking course brings students to Quebec City

DOMINIQUE ARMAND
for Metro Vancouver

GETTY IMAGES FILE PHOTO

Students will experience agro-tourism at its best through the course Cultural and Historical Discovery of Quebec City.

A 14-day journey through Canada's most renowned gastronomic region might be just the thing for gourmet food lovers.

The course, Cultural and Historical Discovery of Quebec City, is offered as a partnership between the University of B.C. and College Merici of Quebec City. It takes participants on a culinary and cultural tour through Quebec City and its surrounding regions.

Instructor Eric Arrouzé, a French chef (and TV personality), said the joint cultural and culinary arts program offers a gourmet spin on tradition rural cooking.

Students will visit farms, tour food producers and experience agro-tourism at its best. Arrouzé said the splendour of Quebec, with its culture and festivities, reminds him of Europe.

Participants will also discover how to prepare delicious specialties such as Lac St-Jean blueberry tartlet, homemade maple ice cream and Québec-style grilled quail salad.

Each morning will have three-hour culinary arts class with Arrouzé on how to prepare regional specialties. Afternoons will be devoted to discovering the historical sites such as the Citadelle and the old city of Quebec. Evenings will be allocated to savouring specialties from local restaurants.

The program is in English but there will be plenty opportunities to practise French with Arrouzé and the locals.

More info

- The course, which is run through UBC Continuing Studies, runs July 19 to Aug. 1. Visit cstudies.ubc.ca for more.

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GETTY IMAGES FILE PHOTO

Wedding planning courses teach students how to start and market their own businesses, as well as the elements of a wedding.

Wedding planning not just for brides

SAM SMITH
for Metro Vancouver

Sorry Billy Idol, it takes a lot more than a nice day to have the perfect wedding.

It's not just a simple stroll down the aisle and a wet smooch of the lips — weddings from start to finish are a massive piece of work.

To help ease the stress, schools such as BCIT and Vancouver Community College (VCC) offer special wedding planning courses.

VCC offers a two-month version to ease the stress of the bride and groom.

It also trains those wanting to get in the business side, starting up their own planning business.

According to the school website, the course covers "all aspects of wedding planning from inception to execution."

It gets into the fine grains of weddings, from finding the right food to properly relating to the bride and groom.

"Learn about contingency planning, how to overcome potential barriers to a beautiful wedding and minimize stress through knowledge and good planning," the website writes.

The full 30-hour course runs twice a year, starting in January and April.

It costs $403 and upon completion a document of professional studies will be supplied. It runs part-time on Tuesday nights.

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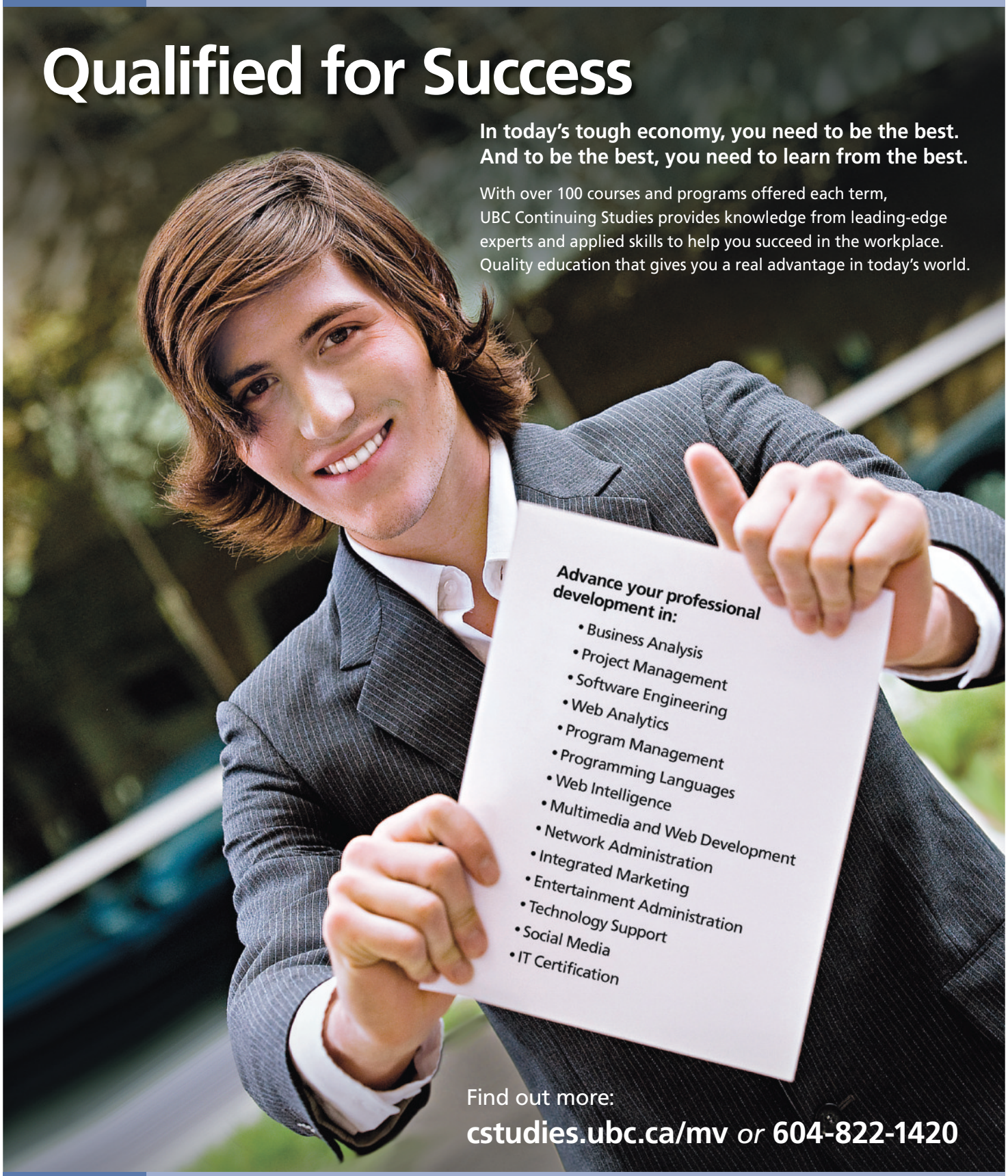

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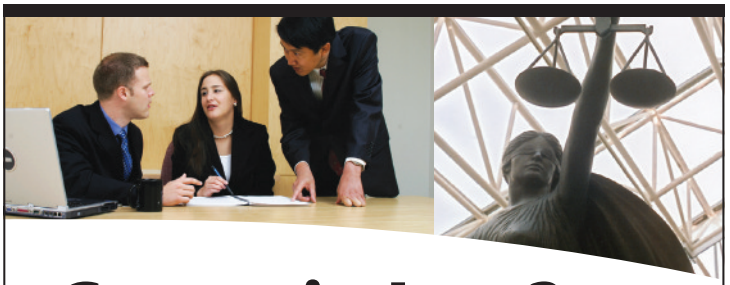

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DOMINIQUE ARMAND/FOR METRO VANCOUVER

Sadira Rodrigues, left, director of Continuing Studies, and program assistant Amy Clausen, finalize the summer calendar at Emily Carr University.

New offerings at Carr

DOMINIQUE ARMAND
for Metro Vancouver

A new program that allows aspiring artists to paint and print on textiles will be offered through continuing studies at Emily Carr this summer.

The Fiber Arts Institute is instructed by local and international artists. It includes classes in textile printing and manipulating as well as drawing and painting with dyes.

It also features an exhibition of master workshops offered in collaboration with the Craft Association of B.C.

The program is one of a number of new and exciting programs offered this summer at Emily Carr University of Art and Design.

Others, including Aboriginal Art and digital comics, focus on the development of conceptual and technical skills. They allow students to gain an understanding of the processes involved in contemporary art and design practice.

New director of continuing studies Sadira Rodrigues said the design and fine arts university is growing its research and masters programs.

"Every course that we offer here is not just about technique," Rodrigues said. "It's about the creative principle that applies to it."

Program assistant Amy Clausen, a former student, said the summer calendar has something for everyone. "If you are looking for a creative outlet this summer calendar as a lot to offer," she said. "Whether you want to draw, paint or design."

The new Aboriginal Art programs explore the traditional and contemporary forms of art.

Students get the opportunity to work with materials such as birch bark, cedar, deer hide and technique to create small scale and aesthetic objects.

The new digital comic program brings together the arts of storytelling and illustration. The candidate will learn about building stories trough illustration, dialogue and character development.

More info

- The summer calendar will be available the first week of April, visit ecuad.ca for more info.

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Program	Campus
Counselling Skills / Substance Abuse Tuesday, March 24, 6:30 p.m. – room 420	Downtown
Occupational / Physical Therapist Assistant Wednesday, March 25, 4 p.m. – room 4205 Saturday, March 28, 10 a.m – room 4205	Broadway
ESL programs Thursday, March 26, 7 p.m. – room 5025	Broadway
Culinary Arts Friday, March 27, 9:30 a.m. – room 305B	Downtown
Automotive Collision Repair Technician Monday, March 30, 10 a.m. – Collision Body Shop	Broadway

Downtown campus, is located at 200-block Dunsmuir at Hamilton (two blocks west of Stadium SkyTrain station).

Broadway campus, is located at 1155 East Broadway.

For more information visit **www.vcc.ca** or call our advising department at **604.443.8453**

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Students aim to help police

ANDREA WOO
for Metro Vancouver

After working its way through the streets, the legal system and the media, much of Metro Vancouver's criminal activity ends up in Greg Jenion's classroom.

A criminology professor at Kwantlen Polytechnic University's Surrey campus and a member of Surrey's Mayor's Task Force on Crime Reduction and Public Safety, Jenion begins each of his classes with a discussion of relevant current events — something most Vancouverites are aware there is no shortage of.

"At the start of the semester, I thought the story for the first part of 2009 would be the economy," said Jenion. "Without question, the economy story is bubbling in the background constantly, but in Surrey and (the rest of) the Lower Mainland, I believe the whole thing has been eclipsed by gang violence, and specifically the shootings."

TORSTAR NEWS SERVICE FILE PHOTO

The criminology classes at Kwantlen include discussions of relevant current events.

Baldeep Sivia, a student of Jenion's, said he enrolled in criminology as a response to the violence happening all too commonly throughout Metro Vancouver.

"I really feel police do need help to stop the crime," said Sivia, noting that the number of murders in the city is currently hovering in the 20s since just the beginning of the year. "That's what my goal is and that is the reason (why) I'm in this program."

Some current events become class projects. In response to news of gang activity, for example, students do assignments on the most effective ways to combat it, such as dealing with carrying concealed weapons and firing weapons in public.

"We take a real situational crime prevention approach to that, with an examination of not only the law, but some of the agencies we identify as key agencies responsible for dealing with the program," said Jenion.

Fairy Bagha, another student of Jenion's, enrolled in criminology because she hopes to work for, and protect, youths as a police officer after graduation.

"It's something that I've wanted to do for a long time," said Bagha, the eldest of four children to a single mother. "I want to be somebody who actually makes a difference in somebody else's life."

In CRIM 1100, students learn terms and definitions of the field, crime patterns across the country and traditional explanations for crime and criminality.

In upper-level courses, they can explore topics such as issues in youth justice and minorities in the criminal justice system.

Licence for home inspectors

SAM SMITH
for Metro Vancouver

B.C. is the first province to license home inspectors.

To get the licence, trainees will have to pass examinations and complete field experience, which until now is only being offered by the Business Practices and Consumer Protection Authority.

Douglas College is planning on being the first school in B.C. to have its own Home Inspection Certificate Program starting in the fall semester.

Brenda Welock, co-ordinator of Continuing Education at Douglas, said the program would be good for everyone.

"This is a career that can be part time and is a viable second income source," Welock said, adding the certificate will meet the direction of the college.

According to the proposal, the certificate will create a new CE credential, make money and be the first program of its kind, making Douglas the only choice for students and employers.

"This is a career that can be part time and is a viable second income source."
Brenda Welock

"The program will be self-sustaining once start-up costs are recovered," Welock said, adding they have the room in their budget.

Expected students are working professionals, mostly from the trades, as well as aspiring home inspectors, according to the proposal.

If the college approves, teachers will start training in the summer and the course will be available in the fall.

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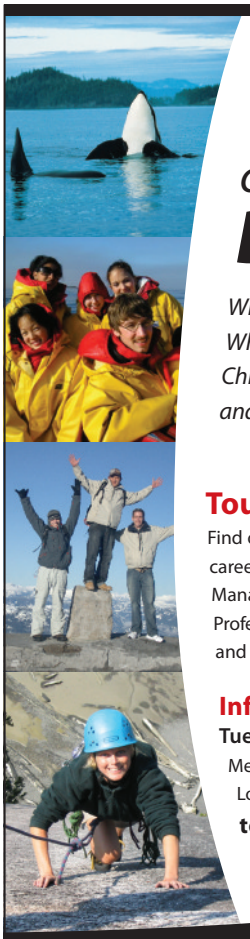

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Certified organic?

How to be assured a beauty product is living up to its claims

DIANE PETERS
for Metro Canada

When you buy makeup, lotion or shampoo labelled "organic," how do you know that it's guaranteed not to contain synthetic chemicals and that its plant-based ingredients were grown without fertilizers or pesticides?

Check to see that it has a certification logo on the label. On a few Canadian products, you'll see the Ecocert or Certech stamps — two private labels from for-profit companies. On imported goods you might see Ecocert, or a stamp from the United States Department of Agriculture (USDA) or the U.K.'s Soil Association. A "BDIH" seal shows that the cosmetic was certified natural by the Association of German Industries and Trading Firms.

Under federal government Organic Products Regulations (slated to go into effect this June), agricultural products with "organic" claims must be certified, and certification will be standardized. But cosmetics certification will remain voluntary and in private hands. Cosmetics could be included sometime in the future, but not any time soon, according to the Canadian Cosmetic, Toiletry and Fragrance Association.

ECOCERT Since 2002, Ecocert Canada, a division of France-based Ecocert, has certified three Canadian companies: Cargo Cosmetics, Cosmaceutical Research Lab and Druide. Any approved products must contain 95 per cent plant-based organic ingredients and the remaining five per cent must be from Ecocert's list of acceptable substances. Ecocert also recognizes natural products. For these, 50 per cent of the plant-based ingredients must be organic and five per cent of the overall product must be organic. "We verify the ingredients and what's written on the label, and we do at least one inspection a year," says France Gravel, director of Ecocert Canada, which charges $5,000 and up to assess a product line.

CERTECH Over a year ago, Certech Registration, a Canadian company, created a standard for cosmetics that requires 95 per cent organic ingredients and excellent quality management systems at a company's factories.

"We look at the entire process," says Brian Lane, president of Certech, which has been doing quality assurance certification for various industries since 1987. "We want to know where the ingredients were grown and that the company has the correct controls in place." It only approves products not tested on animals and packaged in recyclable containers.

Costs vary depending on the size of the operation, but it is typically between $2,000 and $8,000 for an entire product line (annual retesting of products can run up to $3,000 a year).

Thus far, Certech has approved d'Avicenna, the only Canadian cosmetics company to go through its certification process. D'Avicenna president Shahin Kalantari says it was a big challenge to make the company's product without using chemical emulsifiers and preservatives.

For now, any reference to "organic" or "natural" on a cosmetic product label — unless it has a certifier's stamp — could mean anything. The product may well be what it claims to be. Or it could be that the closest whiff it's had to nature was on the truck ride from the factory.

ISTOCK PHOTO

To ensure cosmetic products are organic, check for a certification logo on the label.

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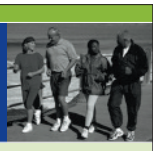

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Josey Vogels

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ISTOCK PHOTO

Barbie was the first sexually liberated woman many young girls know, says our columnist.

Barbie turned 50 this year and, while I doubt we're going to see a "Menopause Barbie" on the market any time soon, I think the doll's reputation as a poor role model for young women is not entirely deserved.

Women learned a lot from Barbie, especially when it came to sex. In fact, Barbie was the first sexually liberated woman I knew. She was the star of her own show with Ken as a mere sidekick — available whenever Barbie desired male company.

Sexual experimentation with Barbie was all about exploring those wonderfully vague, unformed feelings of early adolescence.

As Christine told me, "I remember my Ken and Barbie necking, and I know I had Ken lie naked on top of Barbie. But I pretty much left it at that — I think I didn't know what to do next."

Clearly some of us were a little more sexually advanced than others. "Our Barbies and Kens were usually bi-sexual, with multiple partners over brief periods of time," AB tells me.

Some women even practiced responsible Barbie sex. Susan's Barbie was a secretary, she tells me. "I had her getting ready to go into her male boss' office. I remember knowing that Ken-boss man was going to put the moves on her and making sure that my Barbie grabbed a birth control pill from her desk drawer and popped it before going in to his office."

And Barbie did teach us a few things about the harsh realities of dating.

"Barbies were like today's 30-somethings in the world of dating: A bunch of really good-looking dolls all vying for the attention of one guy — and all the time not realizing he doesn't even have a decent package," laughs Sylvia.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Moore joins Special Relationship

Julianne Moore has been cast as Hillary Clinton in Special Relationship. She will star opposite Dennis Quaid — who will play ex-U.S. President Bill Clinton — in the movie which will show how his " relationship" with Monica Lewinsky nearly ended his time in power. FEMALEFIRST.CO.UK

Entertainment

New romance

Katy Perry and Josh Groban are dating. Perry has been on a series of intimate dates with the U.S. singer-songwriter, but the pair are keen to keep their fledgling romance out of the spotlight. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Actress reborn as superhero

Reese Witherspoon finds new voice in animated action film Monsters vs. Aliens

NED EHRBAR
Metro World News

Reese Witherspoon faced a new challenge in portraying Susan, her character in Monsters vs. Aliens who transforms from a regular-size bride-to-be into a five-story-tall superhero: Talking like a convincing action hero.

"That's not a voice I have in my repertoire," she admits. "So they kept trying to coach me to be more like Arnold Schwarzenegger or Sylvester Stallone. That took me a long time."

After years of comedies and dramas, Monsters vs. Aliens — opening Friday — is Witherspoon's first real action movie. Luckily, it's animated, so the most physical exertion the Oscar-winning actress had to endure was recording "effort noises," the grunting, wincing and panting that accompany the film's dizzying action sequences, like when a massive alien robot chases Susan through a crumbling San Francisco.

Witherspoon was particularly drawn to this project because of its strong female lead. "I've been offered a lot of animated films before," she explains. "Sometimes they were playing a girlfriend, and sometimes they were playing a girl who got rescued by a guy. This was the first opportunity where the woman was at the centre or the movie."

And the journey Susan takes in the film — after being walloped by a radioactive meteor on her wedding day — spoke to Witherspoon on a deeper level. "It's got an incredible message about finding yourself and your identity," she says. "Are you a person who struggles in the shadow of another person just so you don't have to be alone or afraid or find your own strengths? Or are you someone who's willing to take a chance and accomplish great things?"

"It's got an incredible message about finding yourself and your identity."
Reese Witherspoon

But beyond playing a strong female protagonist, Witherspoon loved creating a female superhero, something she feels are in short supply. She remembers asking her children, Ava, 9, and Deacon, 5, to name their favourite caped crusaders. While her son could rattle off a host of names including Batman, Spider-Man and Superman, her daughter was at a loss.

Reese Witherspoon portrays a superhero in Monsters vs. Aliens.

"She was like, 'I don't know. The girl in the Justice League with wings? I can't remember her name.'"

As for Witherspoon, her favourite superhero was always Wonder Woman. "I watched Linda Carter over and over and over again," she says. "I had my golden lasso and my whole costume that I wore for seven Halloweens in a row."

But that doesn't necessarily mean Witherspoon is up for portraying the famous character on the big screen. For now, she's happy to keep her action movie roles in the animated realm. "If I never had to see the inside of a gym, I'd be a very happy person."

Fox wants more of Gordon Ramsay

TV Fox has ordered another season of Gordon Ramsay's Kitchen Nightmares in which the internationally known chef gives tough-love makeovers to restaurants. The Brit remake wrapped its second season in January. The network also is expected to announce shortly that Ramsay's other series, Hell's Kitchen, will return for a new season this summer. REUTERS

In brief

FILM Gran Torino and incumbent champ Marley & Me shared top honours at the foreign box office during the weekend, with each grossing a relatively modest $8.8 million US from 38 markets, the lowest haul for a No. 1 film this year. REUTERS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 3/24/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	The Biggest Loser (N) (CC)				Dr. 90210 New arrivals. (CC)		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	American Idol (CC)				Law & Order: SVU		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS (CC)		90210 (CC)		Project Runway Canada		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Reaper "The Favorite" (N)		Dancing With the Stars (CC)		(:01) Without a Trace (N)		News (CC)
	253	359	13 CITY	Law & Order: SVU		According-Jim	According-Jim	Scrubs (CC)	Friends (CC)	Primetime: What Would		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Reaper "The Favorite" (N)		90210 (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	To Be Announced		The Mentalist "Carnelian Inc"		(:01) Without a Trace (N)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	News (N) (CC)		The Biggest Loser (N) (CC)				News (N)
	602	568	19 W	Will & Grace	Friends (CC)	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	According-Jim	According-Jim	Dancing With the Stars (CC)		Primetime: What Would		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Baby Geniuses ★ (1999) Kathleen Turner, Christopher Lloyd.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	About-Money	Nova "Extreme Ice" (N)		Frontline (N) (CC) (DVS)		Independent Lens (N) (CC)		Elvis Lives
	290	382	28 FOX	Two/Half Men	Two/Half Men	To Be Announced		House "The Itch" (CC)		News (N) (CC)		Family Guy
	-	364	29 PBS	Independent Lens (CC)		My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Extreme Ice"	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Houses For
	298	653	35 TLA	Two/Half Men	Two/Half Men	Reaper "The Favorite" (N)		90210 (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Card Sharks
	199	311	46 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	53 NW	Playing the Machines (N)		CBC News: The National (N)		CBC News: The National		Playing the Machines (CC)		National
	500	500	69 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NHL Hockey		Sportsnet	Canucks TV	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	20 TSN	(6:30) NHL Hockey Detroit Red Wings at Edmonton Oilers.				SportsCentre	Motoring 2009	Poker		SportsCentre
	411	457	43 OLN	Bounty Hunter	Bounty Hunter	Survivorman (CC)		Mantracker Kaleigh and Alana.		Bounty Hunter	Bounty Hunter	Survivorman
	410	403	24 SCR	Score Tonight		Hardcore Hockey Talk		Poker 888.com UK Open.		Final Score	Final Score	Final Score
	417	406	25 SC	Hot Import	Hot Import	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import
	416	409	144 GLF	Fútbol Colombiano		Gol TV News		Hallo Bundesliga		Paid Program	Gol TV News	Gol TV News
family	552	543	42 YTV	Adrenaline	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach "Lost" (CC)		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Big Comfy	Zigby	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	New York: A Documentary Film (N) (CC) (DVS)				Girl Inside (CC)		If I'm Smiling
	575	583	60 CMT	Hope & Faith	Hope & Faith	CMT Star	CMT Star	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	62 MM	Degrassi: TNG	Instant Star	The Shift		Redemption	Redemption	Technical Diff.	Video on Trial	Video on Trial
	600	564	63 H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
	615	520	61 A&E	The First 48 (CC)		Manhunters	Manhunters	The First 48 (CC)		The First 48 (CC)		The First 48
	628	584	82 SPKE	DEA (N)		Real Vice	Real Vice	CSI: NY (CC)		Disorderly Conduct: Video		Real Vice
	521	560	64 TLC	Toddlers & Tiaras (N) (CC)		17 Kids-Count	17 Kids-Count	17 Kids-Count	17 Kids-Count	Toddlers & Tiaras (N) (CC)		Kids by Dozen
	616	522	65 SHO	The Outer Limits (CC)		Mutant X "Double Vision"		Testees (CC)	Trailer Park	Saving Grace (N) (CC)		House (CC)
	620	523	70 BVO	Bravo! Salutes the Junos (N)		Law & Order "Smoke" (CC)		Without a Trace "Tail Spin"		Bravo! Salutes the Junos		Mercury
	601	562	71 SLC	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	72 DIS	Combat School (N) (CC)		Daily Planet (CC)		Destroyed	Time Warp	Combat School (CC)		How It's Made
	522	506	74 HIS	NCIS "Terminal Leave" (CC)		Sandhogs (CC)		Crime Stories (CC)		NCIS "Terminal Leave" (CC)		Sea Hunters
	627	528	75 SPC	(:05) Destination Truth (N)		Stargate SG-1 "Exodus"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	97 TBS	The Office	The Office	My Boys	My Boys	Sex and-City	Sex and-City	The Tuxedo ★ (2002) (PA) Jackie Chan. (CC)		
	619	525	98 TROP	Vanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	99 FN	Good Eats	Good Eats	Iron Chef America (CC)		Challenge (CC)		The F Word		Good Eats
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Lewis Black	Flt.-Conchords	Daily Show
	320	621	30 CEN	(6:30) You Belong to Me (CC)		Out of Control (2009) Laura Vandervoort. (CC)		Pathology ★★ (2008) Milo Ventimiglia.				Resident Evil
	581	566	101 MTV	From G's to Gents (CC)		MTV Live	After	Taking the Stage (CC)		From G's to Gents (CC)		MTV Live
	261	394	102 V	I Prophesy	Supernatural	Poltergeist: The Legacy		The Muppets Take Manhattan ★★★ (1984) James Coco.				Paid Program
	-	-	105 MUL	Eight Heroes	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Without a Trace

Malone (Anthony LaPaglia) and the team search for a missing psychologist whose brother was imprisoned for serial rape, which leads the investigators to wonder whether the brother may have been involved with the disappearance. Martin's (Eric Close) relationship with Kim (Vanessa Marcil, reprising her guest role) heats upin the new episode "Daylight." 10:01 PM on CBS VI

Live at the Rehearsal Hall

Singer-songwriter k.d. lang takes the stage in this episode from last fall, performing songs from her most recent album, "Watershed." Released in February 2008, it's her first collection of original material since "Invincible Summer" in 2000 and features the single "I Dream of Spring." 5 PM on BVO

Saving Grace

New episodes of this excellent drama series starring Holly Hunter as troubled cop Grace Hanadarko are here, and the first of the bunch is a doozy. When a string of mutilation murders points to a possible serial killer, Grace gets a new partner, Abby Christina (Christina Ricci), while Ham and Butch (Kenny Johnson, Bailey Chase) team up. 10 PM on SHO

Recession's latest victim: Lauren Conrad

Lauren Conrad has opted to take her clothing line off the racks. Her rep says the Hills star is cancelling her spring/summer 2009 line and halting production because of the current economic crisis. METRO WORLD NEWS

Celebrity Buzz

Don't undergo look-alike surgery, Demi urges fan

PEOPLE Demi Moore has urged a terminally ill fan not to have plastic surgery to look like her, femalefirst.co.uk reports.

The actress doesn't want 29-year-old Lisa Connell to go under the knife, saying she is already beautiful.

She wrote on Twitter: "Wish I could contact this woman Lisa Connell who wants to have surgery to look like me and encourage her to not to! She is a beautiful girl!"

Connell, who has an inoperable brain tumour, plans to spend $60,000 US on liposuction, a breast enhancement, an eyebrow lift and work on her skin and teeth, in a bid to resemble her idol.

She said: "People think I'm crazy for doing this, but I know it will make my last months or years happier."

METRO NEWS SERVICES

Jessica's dad turns on Tony

PEOPLE Jessica Simpson's father is jealous of her boyfriend Tony Romo, femalefirst.co.uk reports.

The singer-and-actress — who has been dating the American football quarterback since early last year — is reportedly being encouraged to separate from her boyfriend by her dad-and-manager Joe Simpson, because he believes she is losing focus on her career.

A source said: "Joe now feels that Tony has become too much of a distraction for Jessica. Any free time she has, Jess wants to spend with Tony. But rather than blaming his daughter's work ethic, Joe points the finger at Tony."

But Simpson is still very much in love with the sports star and is desperate to take their relationship to the next level. The source revealed: "If she had her wish, she'd be married and pregnant."

The 28-year-old beauty recently admitted to friends she is concerned Romo will never pop the question.

A source said: "Jessica was really hoping she was going to get an engagement ring. She wanted one for Christmas, then she thought maybe New Year's Eve. Her last hope was that Tony would propose on Valentine's Day — but he didn't."

METRO NEWS SERVICES

Celebrity child power play date

PEOPLE Usmagazine.com is calling it a power play date. Katie Holmes took daughter Suri, 2, to The Children's Arts Studio in Santa Monica, Calif., on Sunday. Joining them: Victoria and David Beckham's youngest two boys, Cruz, 4, and Romeo, 6.

Clutching a stuffed animal, Suri wore a blue-spotted dress, red-striped cardigan and red ruby shoes. Later in the day, mom and daughter popped by Crumbs Bakery in Beverly Hills for some goodies.

METRO NEWS SERVICES

Madonna and Jesus adopt?

KIDS Madonna's relationship with Jesus Luz seems to be moving fast. After just three months together, the Brazilian model is ready to adopt a child with the singer, his ex-girlfriend, Catharina Franca, tells Britain's the Mirror.

"He adores kids but he accepts they could not have children of their own, and is talking about the possibility of adopting with Madonna," Franca tells the newspaper. "He's not with Madonna for her money or fame. He's with her because he loves her."

METRO WORLD NEWS

Agency has eye on Lindsay

CAREER Lindsay Lohan is to be offered a modelling contract, femalefirst.co.uk reports.

The Mean Girls star — whose film career has stalled in recent years — has caught the eye of Ivan Bart of IMG Models.

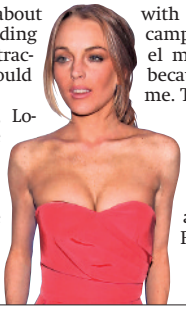
Upon hearing the 22-year-old actress could be considering a career change, Bart said: "She's a beautiful girl and obviously knows a lot about fashion. Providing that she was contractually free, we would take a meeting."

Just last week, Lohan revealed she is thinking about quitting acting to become a model.

She said: "I love doing photo shoots. I mean, if I could just sign with IMG and do ad campaigns and model more, I'd do that because that's fun for me. That's not work."

Lohan has already appeared in campaigns for Dooney and Bourke, Jill Stuart, Miu Miu and Fornarina.

METRO NEWS SERVICES



Zac ditches his dancing shoes

CAREER Apparently afraid of being typecast as a song-and-dance man, Zac Efron has pulled out of a planned remake of the film Footloose, which was set to start shooting this spring and be released next year.

Efron reportedly told Paramount Pictures that he did not want to do another musical at this point in his career, according to the Wrap.

"People had been working on this project since last July," a source close to the production says. "We were all shocked."

METRO WORLD NEWS

Reese's 33rd bash

PEOPLE Jake Gyllenhaal threw Reese Witherspoon a 33rd birthday bash at his Los Angeles home on Saturday, usmagazine.com reports.

Maggie Gyllenhaal and Peter Sarsgaard, and Robert Downey Jr. and his wife Susan were among the guests, who enjoyed a DJ set that included Lady Gaga and Al Green.

Witherspoon spent her actual birthday, Sunday, at the Los Angeles premiere of her new animated flick, Monsters vs. Aliens.

METRO NEWS SERVICES

Jackson No. 4 on the way?

KIDS When Michael Jackson isn't planning his latest money-making scheme in the U.K., it seems that the star is window shopping for babies, femalefirst.co.uk reports.

The King Of Pop has admitted to wanting to expand his family when he's in the U.K. The singer already has three children — Prince, 11, Paris Katherine, 10, and Prince Michael II, five.

A source tells the Sunday Express newspaper that Jackson hopes to adopt a child in Britain during his 50-date residency at London O2 Arena later this year.

The source says, "He wants to spend at least three weeks in Britain ... It is during this period that he wants to have meetings about adoption. He has not said if he wants a boy or girl, just that it would be good for the family to have another brother or sister."

METRO NEWS SERVICES

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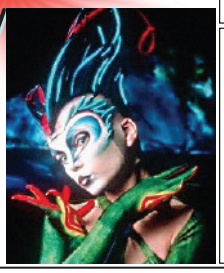

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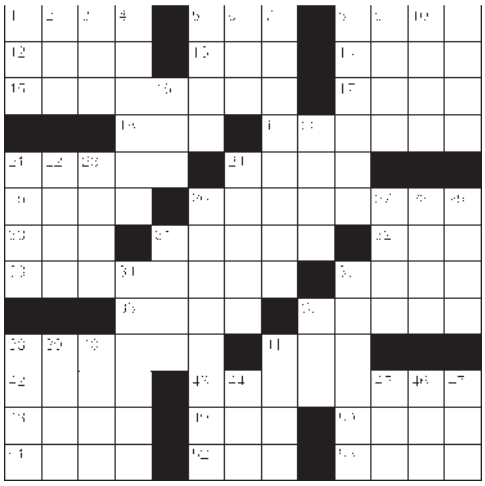
Take Five



Crossword across

1 VHS contemporary
5 "El —"
8 TV's Dr. McGraw
12 Mosque VIP
13 Privy
14 Carnival attraction
15 Effervescent
17 Lecherous look
18 Pitcher part
19 "Caddyshack" critter
21 Passé
24 Harp's ancestor
25 Cupid's alias
26 Unsteady
30 Intention
31 Actor LaBeouf et al
32 Fish eggs
33 Dilettante's interest
35 Ready for anything
36 Trenches
37 Walking sticks
38 Senescence
41 "— Town"
42 Rowboat needs
43 Chewing in small bits
48 Menageries
49 Prior to
50 Concept
51 Catch sight of
52 Shaft of light
53 Hen pen

Crossword down

1 Clothing protector
2 Ostrich's cousin
3 Bill
4 Strolls
5 Paper holder
6 Charged bit
7 Leftovers carrier
8 Drive on
9 Lofty
10 Not working
11 See 17-Across
16 Cover
20 Spheres
21 Conked out
22 Met melody
23 Grant's is famous
24 Body parts often
"girded"
26 Bleach
27 Persia, now
28 Iditarod terminus
29 The Bee —
31 Punch hard
34 Obstreperous
35 Vampire repellent
37 Newsroom newbie
38 Leak slowly
39 Vientiane's land
40 Let fall
41 Do what I say
44 Savings plan acronym
45 "— not choose to run"
46 Ultramodernist
47 Space

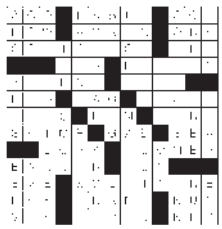
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		6				7	1	
2	5						8	
			8		6	4		
		1			9	8		2
			3		4			
3		2	1			5		
		9	7		5			
	7						9	6
	8	3				2		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

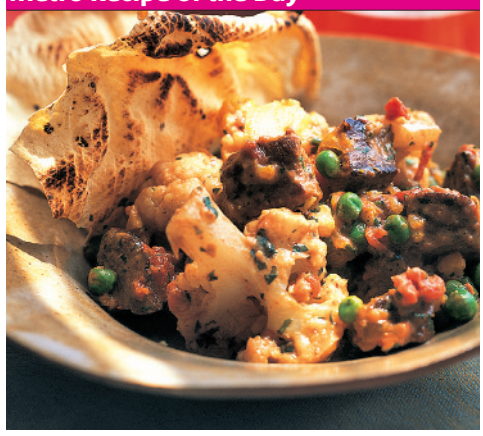


2	6	8	4	7	3	5	9	1
3	7	5	1	2	9	6	8	4
9	1	4	6	8	5	2	3	7
6	4	9	7	5	1	8	2	3
7	8	2	3	9	6	1	4	5
5	3	1	8	4	2	7	6	9
1	9	3	2	6	7	4	5	8
4	2	7	5	3	8	9	1	6
8	5	6	9	1	4	3	7	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Lamb Curry

INGREDIENTS:
1 tsp (5 ml) olive oil
12 oz (375 g) well-trimmed boneless lamb loin, cut into 3/4-in. (2-cm) chunks
1 medium onion, finely chopped
4 cloves garlic, minced
1 tbsp (15 ml) grated fresh ginger
1 tbsp (15 ml) curry powder
4 cups (1 l) cauliflower florets
1 cup (250 ml) canned crushed tomatoes
salt to taste
1/2 cup (125 ml) water
1 1/2 cups (375 ml) frozen peas
1/3 cup (75 ml) chopped cilantro
1/2 cup (125 ml) plain yogourt
2 tbsp (25 ml) flour

METHOD:
1. Heat oil in Dutch oven over medium heat. Add lamb and cook until browned, about 5 minutes. Transfer lamb to plate with slotted spoon.
2. Add onion, garlic and ginger to pot and cook, stirring frequently, until onion is tender, about 5 minutes. Add curry powder and cauliflower and stir.
3. Add tomatoes, salt and water to pot and boil. Return lamb to pot and reduce to simmer. Cover and cook until lamb and cauliflower are tender, about 40 minutes.
4. Add peas and cilantro. Cook until peas are heated through, about 3 minutes. In small bowl, mix yogourt and flour, then stir into pot and cook over low heat, stirring, until slightly thickened, about 2 minutes.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
A mild flirtation will amuse you. Somebody's profound thoughts will disturb you. No problem is too difficult to be forgotten.

TAURUS ♉
APRIL 21-MAY 21
A long-standing burden is lifted. An opinionated reply leads to an unfortunate situation. You must make a huge leap of faith.

GEMINI ♊
MAY 22-JUNE 21
Don't take anyone's promises too lightly. Don't gamble with a friend who enjoys flippancy. A wacky encounter affects those who wait.

CANCER ♋
JUNE 22-JULY 22
A confidential meeting with a bureaucrat is concealed. Face the music when someone is accosted. Benefits come through rational discussions.

LEO ♌
JULY 23-AUG 23
A phone call lightens your mood. Confusion begins to dissipate. A controversy will develop if you're full of mischief.

VIRGO ♍
AUG 24-SEPT 22
Don't be a noisy neighbour. Someone is caught in a naughty act. Eliminate stuff that is no longer useful.

LIBRA ♎
SEPT 23-OCT 23
An unnecessary agreement comes to an end. Someone's bad temper can be tamed. Rise above pettiness about mysteries and secrets.

SCORPIO ♏
OCT 24-NOV 22
Stop pushing too hard and take a break. A troublesome buddy's support is appreciated. A situation is better than it looks at first.

SAGITTARIUS ♐
NOV 23-DEC 21
An awkward enemy makes slow progress. Persevere and succeed by trial and error. A cynical guy comes out of his shell.

CAPRICORN ♑
DEC 22-JAN 20
Be careful around electrical objects. A perilous situation will develop when you speak your mind. Arrogance retards progress.

AQUARIUS ♒
JAN 21-FEB 18
Your job prospects improve when friends get involved. Remain hopeful about your future. Your forcefulness will shock people.

PISCES ♓
FEB 19-MARCH 20
Don't wait for anyone to ease your burdens. Disgraceful things are fun tonight. It's not compulsory to repeat any mistakes.

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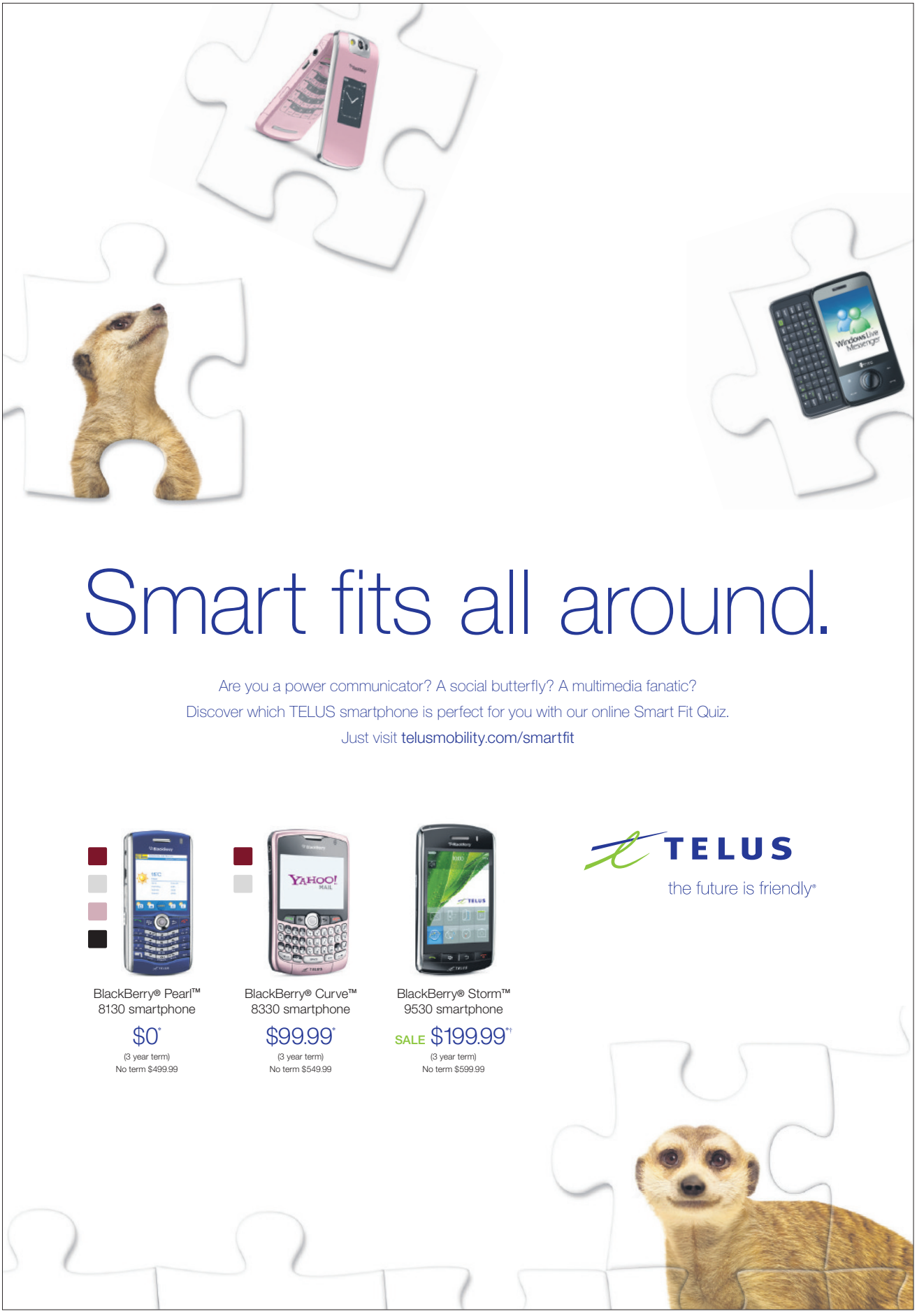

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